

Breastfeeding & Work

If you plan to breastfeed or pump once you return to work, it's never too early to start planning. Here's some things to do before meeting your baby.



Think

In an ideal world, what will breastfeeding at work look like for you?
What will your hours be?
Will you work from home?

Schedule

Arrange a "return to work" meeting ahead of your return date. This gives you time to confirm any arrangements.

Read

Get to know your breastfeeding rights. Your employer must provide appropriate breaks and facilities.

Talk

Speak to your employer about your needs and their breastfeeding policy.

Find

Suggest a suitable area for breastfeeding or pumping and discuss with your employer.

Go with the flow

Breastfeeding may not always go as expected and each child's feeding patterns will change as they grow. Be kind to yourself if things don't go as you might have hoped. You got this!